



The Journal

Vol. 29

No. 46

www.dcmilitary.com/journal/

November 16, 2017

Hoops for Troops



U.S. Navy photo by MC2 William Phillips



Dr. Norman
Rich Named
'Icon in
Surgery

- Page 3



Clinical
Psychology
Interns
Graduate

- Page 8



Marines
Celebrate
242nd
Birthday

- Page 9

NEX Extends Online Benefits to Veterans



IMAGE COURTESY NAVY EXCHANGE SERVICE COMMAND

By Courtney Carrow
Navy Exchange Service
Command Public Affairs

Navy Exchange Service Command is proud to expand its online shopping, myNavyExchange.com, privileges to all honorably discharged Veterans of the U.S. Military. This highly anticipated change by the Department of Defense grants online exchange shopping privileges to our nation's brave Veterans. The change started on NEX Extends Online Benefits to Veterans Nov. 11. "We are proud to support this new DoD policy and are honored

to offer our NEX online privileges to our nation's deserving military Veterans. It is one small way to thank those who have served," said Rear Adm. Robert J. Bianchi (Ret), Navy Exchange Service Command's (NEXCOM) chief executive officer. "The Navy Exchange gives back 100 percent of our profits to our Sailors and their families through contributions given to Navy Morale, Welfare and Recreation (MWR) for quality of life programs and NEX store infrastructure. Therefore, we look forward to expanding our customer base of online shoppers, which will in turn help grow our merchandise assortment and continue to strengthen our

ability to provide dividends for base MWR programs." Donnie, a Veteran and NEX patron recently said, "Great benefit! I was selected as a beta-tester as a disabled veteran ... the savings are great and all hassle free online." NEXCOM is excited to extend this privilege to Veterans like Donnie and invite all U.S. Veterans to visit www.myNavyExchange.com to establish their authentication for this important benefit. Additionally, NEXCOM encourages individuals to keep visiting the NEX website and Facebook page for additional details and announcements as they become available.

Bethesda Notebook

Commuter Survey
The annual NSA Bethesda Commuter Survey is online at www.surveymonkey.com/r/NSABSURVEY until Dec. 8. The survey helps update NSAB's transportation plan and changes are made as a result. Contact NSAB Transportation Officer Ryan Emery at ryan.d.emery3.civ@mail.mil or at 301-319-3818 for more information.

Interfaith Thanksgiving Service
The Department of Pastoral Care at Walter Reed Bethesda hosts an Interfaith Thanksgiving Service Nov. 21 from noon to 1 p.m. in the Hospital Chapel located in the Liberty Zone of Building 8. The service is open to all to celebrate Thanksgiving as a community.

World AIDS Day
The Infectious Disease Clinic, with the Healthy Staff team from the People Foundation Committee at Walter Reed National Military Medical Center, hosts a World AIDS Day awareness event Dec. 1. Tables with information concerning HIV prevention services and HIV statistical data will be located in Building 19, America Zone, first floor and Building 9, Arrowhead Zone in front of Café 8901 from 8 a.m. to 1 p.m. For more information, contact Hector Erazo at hector.erazo.ctr@mail.mil, or 301-295-6293.

Blood Donor Challenge
The Armed Services Blood Program's 7th Annual Army-Navy Blood Donor Challenge is underway to see which service best meets the challenge of life by donating the most units of blood during a friendly competition between the services lasting through Dec. 5. Appointments to donate at Walter Reed National Military Medical Center in the Blood Donor Center can be made online at militarydonor.com and entering the sponsor code WRNMMC. For more information, call the donor center at 301-295-2104. The center is open from 7:30 a.m. to 3 p.m. Monday through Friday. For more information about the ASBP, visit militaryblood.dod.mil.

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,



national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher's advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones		NSA Bethesda	
Public Affairs Officer: Jeremy Brooks		Fleet And Family Support Center	301-319-4087
Public Affairs Office: 301-295-1803		NSAB Emergency Info	301-295-6246
		NSAB Ombudsman	
		CS3 Danielle Coley	301-400-2397
		NSAB Chaplain's Office	301-319-4443
			301-319-4706
		Installation SARC	301-400-2411
		Troop Command SARC	
		Rosemary Galvan	301-319-3844
		SARC 24/7	301-442-2053
		SAPR VA 24/7 Helpline	301-442-8225

Journal Staff

Managing Editor	MC2 William Phillips
WRNMMC Editor	Bernard Little
Writers	
	MC2 Kevin Cunningham
	Andrew Damstedt
	Kalila Fleming
	Joseph Nieves
	AJ Simmons



PHOTO COURTESY NORMAN RICH

After completing his surgical residency in 1965, Dr. Norm Rich went on to commission in the Army and served as chief of surgery at the 2nd Mobile Army Surgical Hospital unit. He was one of only a few Army officers assigned to Vietnam at the time.

Dr. Norman Rich Named ‘Icon in Surgery’

By Sarah Marshall
USU External Affairs

The American College of Surgeons (ACS) recently named Dr. Norman M. Rich an “Icon in Surgery” in honor of his outstanding contributions to the fields of surgery and medicine. The vascular surgeon was recognized for this achievement during the ACS’s annual Clinical Congress meeting in San Diego on Oct. 24.

Throughout his career, Rich, who is founding chair of the Uniformed Services University of the Health Sciences Department of Surgery, has made significant contributions to the field of vascular surgery. A retired Army colonel and a Leonard Heaton and David Packard Professor in the Surgery department at USU, Rich made a stamp not only on military medicine, but medicine at large, developing the Vietnam Vascular Registry in 1966 based on cases he had seen while serving in Vietnam, along with hundreds of other cases added by colleagues, and he has continued to maintain the registry for the last 50 years. The registry sought to document and analyze all blood vessel injuries in Vietnam, and to obtain long-term follow-up information about patients who sustained those injuries, which resulted in documenting more than 10,000 injuries from about 7,500 American casualties in Southeast Asia. This effort laid the foundation for many of today’s modern military and civilian trauma registries.



PHOTO COURTESY USU

Dr. Norman Rich, Leonard Heaton and David Packard Professor of Surgery at USU, was recently named an “Icon in Surgery” by the American College of Surgeons.

During Vietnam, patients who sustained a vascular injury were entered into the registry, originally housed at the former Walter Reed General Hospital. They were also assigned a consecutive number and given an identification card, making them aware of the registry’s objectives and that they were a part of this clinical outcomes effort. Dr. Rich was also responsible for helping with the long-term follow-up care for these patients.

A variety of articles were later published from the trauma registry, outlining these injuries, and in 1978, the first edition of Vascular Trauma by Rich and Frank C. Spencer was published – a textbook providing additional reports from the registry, as well as reports from experiences during the Korean War. Two more editions have been published since, one in 2004 co-authored by Rich, Kenneth Mattox and Asher Hirshberg, and another in 2015, Rich’s Vascular Trauma, co-edited by Dr. Todd Rasmussen and Nigel R.M. Tai, and sponsored by the Society for Vascular Surgery. Each textbook has continued to offer the latest information on the treatment and management of vascular injuries to include perspectives from several other renowned surgeons across the globe.

Rich, an Arizona native, knew from an early age that he wanted to become a doctor. He earned both his undergraduate degree and medical degree from Stanford University, graduating from Stanford’s Medical School in 1960. After completing his surgical residency in 1965, he commissioned in the Army and became one of only a few Army officers assigned to Vietnam. He served as chief of surgery at the 2nd Mobile Army Surgical Hospital (MASH) unit assigned to the 1st Air Cavalry Division, which consisted of 500 helicopters and thousands of Soldiers. In 1966, he returned to Walter Reed and helped train general surgeons and vascular fellows who were heading to Vietnam. While there, he also conducted research



WTB Hosts Hoops for Troops

PHOTOS BY MC2 WILLIAM PHILLIPS

The Warrior Transition Brigade-National Capital Region hosted NBA Hoops for Troops Nov. 9. The event was a wheelchair basketball game played by service members and coached by former NBA player Adrian Dantley and WBNA player Tayler Hill.

By Andrew Damstedt
The Journal

“Although we all face challenges in life, these folks are about to show you what they can do and it’s really truly amazing,” said WTB-NCR Commander Col. Brian J. Harthorn. “All of these athletes will run you up and down the court.”

Within a few minutes, the Warrior Transition Brigade-National Capital Region (WTB) team scored the first basket against the Ft. Belvoir team. They never let go of that lead during the annual NBA Hoops for Troops wheelchair game Nov. 9 at Naval Support Activity Bethesda’s gym.

The final score was 41-29 with the WTB team, coached by WNBA player Tayler Hill, beating the Ft. Belvoir team, coached by retired NBA player Adrian Dantley.

Dantley, a Washington, D.C. native, said he played basketball on base before 9/11. This exhibition game was his first time back since, and as his first time seeing a wheelchair basketball game in person.

Unfortunately, his team was down by 10 points at half-team.

“They’re giving up a lot of layups,” he said. “You hear coaches talk in the NBA ‘Don’t give up layups,’ My team is doing it. They got to take away some of those layups and make jump shots.”

Team-WTB player Sgt. Ernesto Altamirano said it was a good experience to be coached by a WNBA player. He said Hill told them how to set up certain plays, pass the ball and pay attention when they threw the ball.

Altamirano said his team has improved.

“It was good, a lot of people got better than we were a couple of months ago,” he said.

The exhibition game was part of Warrior Care Month and is one of a number of events the WTB is hosting in November.



Retired NBA player Adrian Dantley coaches his team during the NBA Hoops for Troops event on Naval Support Activity Bethesda Nov. 9.



WBNA player Tayler Hill coaches her team during the wheelchair basketball game on Naval Support Activity Bethesda Nov. 9.

“Although we all face challenges in life, these folks are about to show you what they can do and it’s really truly amazing,” said WTB-NCR Commander Col. Brian J. Harthorn. “All of these athletes will run you up and down the court.”

HELP GIVE OUR MILITARY FAMILIES A HELPING HAND.

Wounded Warriors Family Support (WWFS) is an independent nonprofit organization whose mission is to improve the quality of life for our combat wounded.

Earning Charity Navigator’s highest four-star rating, WWFS serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

CFC# 81534
wwfs.org



**WOUNDED
WARRIORS
FAMILY
SUPPORT**
WOUNDEDWARRIORSFAMILYSUPPORT.ORG

HANDMADE HOLIDAYS



By James Perry

**350+ ARTISTS
OUR
BIGGEST
SHOW!**

• Exciting Demos
• Tasty Treats
• Shopping Fun
• Kids’ Entertainment

DISCOUNT TICKETS,
show info, exhibitor lists,
directions and more at:

**SUGARLOAF
CRAFTS
FESTIVAL®**
Est. 1975

NOV 17, 18, 19, 2017
Montgomery Co. Fairgrounds
GAITHERSBURG, MD • EXIT 11 OFF I-270

Admission: \$8 online; \$10 at the door
Admission good all 3 days
Children under 12 & parking are FREE
Fri. & Sat. 10-6, Sun. 10-5

SugarloafCrafts.com
SUGARLOAF MOUNTAIN WORKS, INC. • 800-210-9900

MILITARY RETIREES* & ACTIVE-DUTY FAMILIES



Get TRICARE Prime® with one of the most trusted names in medicine.



JOHNS HOPKINS
M E D I C I N E

US FAMILY HEALTH PLAN

Get 100% of your TRICARE Prime benefits and more with the Johns Hopkins US Family Health Plan.

Enjoy outstanding care and convenience with your choice of more than 16,500 primary care doctors and specialists all credentialed by Johns Hopkins.

Request an information packet or reserve a seat at an information briefing in your area:

1-888-705-0755

JohnsHopkinsMilitary.org



*Military retirees under age 65 with TRICARE eligibility can enroll in the Plan.

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

Notice of Nondiscrimination: Johns Hopkins US Family Health Plan (USFHP) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. **Foreign Language Assistance.** Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-808-7347 (TTY: 1-800-201-7165). Chinese: 注意: 如果您使用繁体中文, 您可以免費獲得語言援助服務。請致電1-800-808-7347 (TTY: 1-800-201-7165).



NSAB FILE PHOTO

Players from the Washington Nationals visited the USO Warrior and Family Center at Bethesda June 27. The visit was a chance for service members to interact with players while they had lunch.

NMCRS Fundraiser Moves to Nationals Park

From Navy Marine Corps Ball Committee

The Navy-Marine Corps Ball Committee will break with a long-standing tradition of holding a formal ball and instead celebrate the end of their fundraising year with a Gala at Nationals Park. “We’re excited to be the first local military organization to break away from the formal ball format and offer a fun, more relaxed evening,” says Suzanne Dana, wife of Lieutenant General Michael Dana, USMC, and Chairperson of this year’s Ball Committee.

The Step Up to the Plate Gala will be held Saturday, March 17 and will feature all the highlights of the more traditional evening including a silent auction, opening ceremony and check presentation. All ticketholders will have access to a reception in the PNC Diamond Club, as well as ballpark tours, batting cages and mascot photo opportunities. The By Invitation Only reception for corporate sponsors will take place in the exclusive Delta Sky360 Club, located directly behind home plate. The main reception will be held in the Norfolk Southern Club,

an open space spanning the ballpark from first to third base and featuring spectacular views of both the field and the Anacostia river. Additionally, limited private suites will be available for purchase.

Tickets go on sale December 1 at www.navymcball.org and the event is expected to sell out. “Some tickets have already been sold at pre-sale events plus we’ve had a very positive response from our corporate supporters,” says Dana. “We expect that the more casual atmosphere and lower ticket prices will appeal to a lot of people.”

The Navy-Marine Corps Ball Committee is a 501(c)(3) tax-exempt organization established in 1914 by military spouses to raise funds for the Navy-Marine Corps Relief Society. The annual event continues to celebrate and publicly express our gratitude for our corporate, organization, and individual donors and supporters. Funds raised by the Navy-Marine Corps Ball Committee help millions of Sailors, Marines and their families with financial assistance for emergency aid, Combat Casualty Assistance, Visiting Nurses and other vital support at home and abroad.



SAVE 50% ON FALL DECOR
NOV 17-20


LANDSCAPE DESIGN | BUILD | MAINTAIN
CALL FOR APPOINTMENT
T 301.762.6301

RETAIL LOCATIONS OPEN 9AM-6PM DAILY


5258 RIVER ROAD BETHESDA, MD 20816 T 301.656.3311	7405 RIVER ROAD BETHESDA, MD 20817 T 301.469.7690
---	---

AMERICANPLANT.NET





The Love Story



**EXTRAORDINARY STORIES
BEYOND THE FRONT LINE**

If it is true that love is patient and love is kind, then there is no more obvious an example than the story of Wanda and Oliver Carter. Their tale is a journey from tragedy to a true and enduring romance. It is a love that fills the hearts and halls of Falcons Landing.

We invite you to experience a connection that can only be found through the common bond of service to country. To learn more about the extraordinary residents and lifestyle at Falcons Landing visit our website, falconslanding.org.





PHOTO BY MC2 KEVIN CUNNINGHAM

Sailors graduated from the year-long Clinical Psychology Intern Program at Walter Reed National Military Medical Center on Oct. 13. The graduates included Navy Lt. Michael Widroff, Lt. Jessica Riley, Lt. Odelia McFadden, Lt. Milton Dawkins, Lt. Bryan Steinkopf and Lt. LaToya Small.

Clinical Psychology Interns Graduate

By WRNMMC Command Communications

Six Sailors graduated from the year-long Clinical Psychology Intern Program at Walter Reed National Military Medical Center on Oct. 13.

The graduating class included Navy Lt. Michael Widroff, Lt. Jessica Riley, Lt. Odelia McFadden, Lt. Milton Dawkins, Lt. Bryan Steinkopf and Lt. LaToya Small.

During their internship at WRNMMC, the new military psychologists conducted psychological testing, performed consultations, specialty evaluations and research, among other duties. Their studies prepared them to work in traditional settings like hospitals and mental health clinics, as well as military-unique settings, such as deploying units or combat stress control teams, said WRNMMC leaders and program coordinators.

Navy Capt. (Dr.) Carrie Kennedy, director of the Deployment Health Clinical Center, served as guest speaker during the graduation. The DHCC is one of three centers that make up the Defense Centers of Excellence (DCoE) for Psychological Health and Traumatic Brain Injury. Kennedy has deployed to Guantanamo Bay, Cuba, in 2006 as chief of behavioral health services and then to Afghanistan with 1st Medical Battalion in 2010, where she was assigned to the Role III hospital on Camp Bastian. She also served as group psychologist of the Marine Corps Embassy Security Group, Quantico, Virginia, and as mental health department head at Naval Branch Health Clinic, Bahrain.

According to officials within the Military Health System, "Mental health, or psychological health, encompasses the well-being of mind, body and spirit,

and contributes to overall health and resilience." The clinical psychology internship program helps prepare new military psychologists to understand and treat the behavioral health concerns affecting the functioning, readiness and optimal health

of service members and their families, such as readjustment, depression, post-traumatic stress, anxiety, sleep disorders and substance misuse. This care contributes to an overall health of the force to enhance readiness, stated program officials.

BAINBRIDGE
SHADY GROVE METRO

FREE RENT until 2018
Call for details.

- New Award winning community
- Whirlpool stainless steel appliances
- Full-size washer and dryer
- Walk-in closets*
- One-, two- and three- bedrooms
- Hardwood-style floors throughout
- Modern kitchens with islands*
- Granite countertops
- Interactive Cyber Cafe
- Green roof and smoke-free building
- Four-minute walk to Metro
- Fitness center
- South Beach-style swimming pool
- In-building garage parking
- Bike storage

*Select Apartments

15955 N Frederick Rd • Rockville, MD 20855 • 1-866-426-0027

shadygrovemetro@bainbridgere.com • www.BainbridgeShadyGroveMetro.com

Marines Celebrate Corps' 242nd Birthday at Walter Reed Bethesda

By Bernard S. Little
WRNMMC Command Communications

Describing the U.S. Marines as the United States' "pit bulls" when needed, Marine Sgt. Maj. Gary D. Moran served as guest speaker at a cake-cutting ceremony Nov. 9 at Walter Reed Bethesda for the 242nd birthday of the U.S. Marine Corps.

"If you're at your home and a dangerous person is breaking in, do you want a terrier or that pit bull who's going to defend you and your home to the death?," Moran asked.

Serving as the Sergeant Major of Marine Forces Korea before coming to Walter Reed National Military Medical Center as a recovering service member, Moran said there's a reason Marines have been called "Shock Troops" and "Devil Dogs" during their history. "It's because we are the pit bulls of America. It has been said, 'When our nation is least ready, the Marine Corps is most ready.'

"Our Wounded Warrior Battalions are an essential part in ensuring our Marines and nation are ready for the next conflict, and there will be more conflicts," Moran continued. He said efforts, projects and programs assisting wounded warriors and their families in healing "are needed more than ever in this day and age."

In its 242 years, the U.S. Marine Corps has fought alongside its "sister and brother services" in nearly every conflict in U.S. history, Moran explained. "For the last 16 years, we have now been fighting the Global War on Terrorism. This has taken a great toll on Marines and other service members.

"Wounded Warrior Battalion-East [Walter Reed Detachment] has been taking care of Marines since early 2007," Moran added. "Myself and many other of my brothers and sisters [are] prime examples of what can happen when you take the time to heal us both mentally and physically, and prepare us for getting back to the operational forces to fight the battles that are needed throughout the world," he furthered.

"The professionals [at Walter Reed Bethesda] not only help heal our bodies, but they take the time to ensure that the wounds of the heart and mind are [treated] as well," Moran said. He added the health-care providers at Walter Reed Bethesda are exceptional not only because of their education, qualification and accreditation, but [also] because of their compassion, empathy "and belief that every Marine they touch [the providers] can possibly make a difference in getting that Marine [on the road to recovery] to a fulfilling life [within the military and otherwise]."

Navy Capt. (Dr.) John Rotruck, chief of staff for Walter Reed National Military Medical Center, also spoke at the ceremony. He said the Marines "are very near and dear" to his heart, having served as a general medical officer for the Marine Corps' 3rd Force Service Support Group in Okinawa, Japan, then as flight surgeon for Marine Medium Helicopter Squadron 266 at Marine Corps Air Station New River in Jacksonville, North Carolina followed by deployment with the 31st Marine Expeditionary Unit.

"It's fair to say that those first nine years after my internship, [serving] with so many outstanding Marines, were very formative to me as an officer and a leader," Rotruck continued. "I'm thankful for them

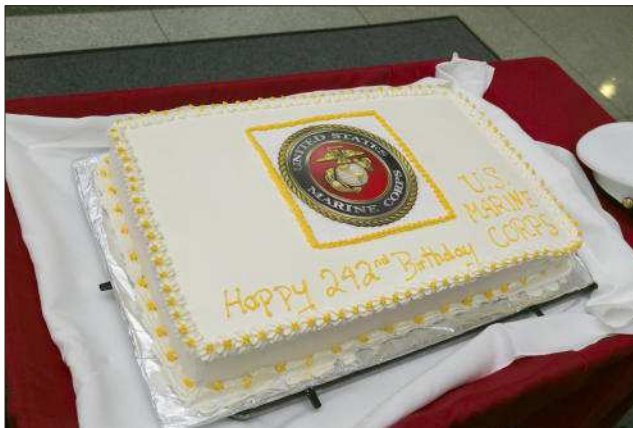


PHOTO BY HARVEY DUZE

A cake at Walter Reed Bethesda celebrates the 242nd birthday of the U.S. Marine Corps, established Nov. 10, 1775.

to this day," he added. The Navy captain explained how those Marines instilled in him a focus for taking care of junior service members above all else. "That serves as a model for us [at Walter Reed Bethesda] for how we view our patients and families, [who are] the central focus of all of our efforts."

Rotruck furthered that he also came to appreciate how the preparedness and readiness of every component of the Marine Corps contribute to its success on the battlefield, which can also serve as a model that military medicine can follow "as an expeditionary medical force enabling the success of [deployed] war fighters by serving alongside of them."

In a message regarding the 242nd birthday of the U.S. Marine Corps, Commandant of the Marine Corps Gen. Robert B. Neller stated, "This Nov. 10 marks 242 years of warfighting excellence. At places like Trenton, Tripoli, Chapultepec, Belleau Wood, Guadalcanal,

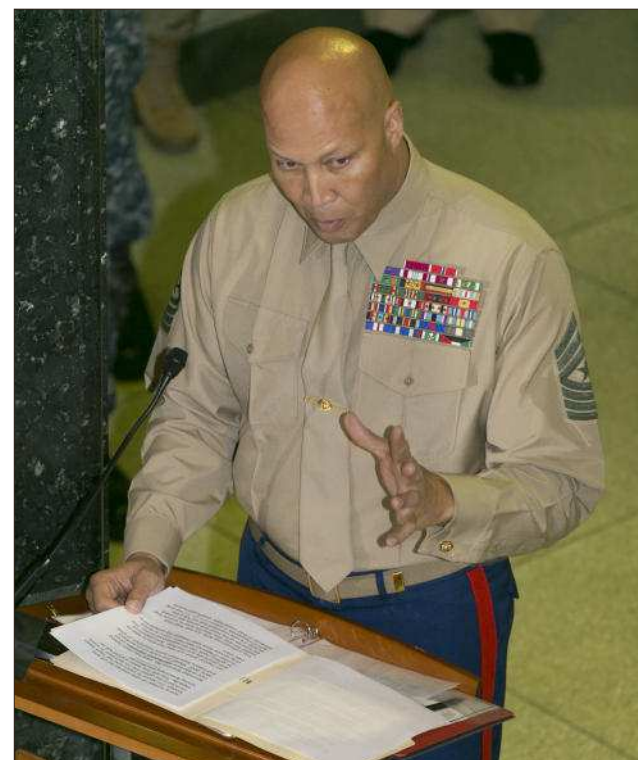



PHOTO BY HARVEY DUZE

Marine Sgt. Maj. Gary D. Moran serves as guest speaker at a cake-cutting ceremony Nov. 9 at Walter Reed Bethesda for the 242nd birthday of the U.S. Marine Corps.

Chosin, Khe Sanh, Fallujah, Sangin, and so many others, Marines have fought with an inner spirit — a spirit that bonds us, bind us together as a cohesive team. It's that intangible spirit that has formed the foundation of our warfighting reputation for the past 242 years. Now it's our responsibility to ensure we honor and carry on that legacy. The American people expect a Corps of men and women who are committed, selfless, willing to sacrifice, who epitomize honor, courage, commitment, virtue, and character. We owe our Nation and our predecessors no less."

The ceremony concluded with the traditional cake cutting ceremony and the singing of the Marines' Hymn.




DARCARS VOLVO CARS

MILITARY BONUS*

Additional **\$500** off new in-stock Volvos

U.S. Armed Forces, DoD civilian employees, and civilians contracted to the U.S. Armed Forces.
Service members recently posted overseas qualify for additional military program benefits.



Fred Fischer
Director, International Sales
301.309.3900 phone
ffischer@darcars.com

DARCARS Volvo Cars
www.darcarsvolvocars.com
15401 Frederick Road
Rockville, MD 20855

* Contact us for terms, conditions, and eligibility.



The Authentic German Christmas Market

**With famous
Käthe Wohlfahrt**

**November 23rd –
December 24th, 2017**

Inner Harbor, West Shore Park
www.baltimore-christmas.com

Christmas Village
in Baltimore

5th Anniversary Season

ICON

From
Page 3

focusing on the repair of lower extremity veins, which had not been well-studied at the time. There, he also led the Vascular Fellowship Program, and later served as a vascular surgery consultant to the Army Surgeon General from 1970 to 1982.

Rich was appointed professor of surgery at USU in 1976, and the Founding Chairman of Surgery in 1977. In October 2002, then- USU president James A. Zimble announced the establishment of the Norman M. Rich Department of Surgery.

Rich has continued to make an impact in his field over the years, serving as president of six national/international surgical societies and governor to the American College of Surgeons. He has received many honorary appointments and degrees from institutions worldwide, such as being named an honorary professor at the Third Military Medical University in the People's Republic of China, and receiving an honorary degree from the Mayab University in Mexico, and an honorary degree from the University of Lodz in Poland. He has received countless prestigious awards, both during his time in service and as a civilian. He has received a Lifetime Achievement Award from the Eastern Vascular Society, the

DeBakey Award from the Michael E. DeBakey International Surgical Society, a Masters Medal from the Apothecaries of London, and a Founders Award from the American Venous Forum, to name a few. Some of his military awards include a Legion of Merit, the Bronze Star, the Meritorious Service Award, and several Vietnam Medals.

Recently, Rich also shared many of his Vietnam War-era medical items now on display at the National Museum of Health and Medicine in Silver Spring, including bullets and fragments from explosive devices that had been embedded in the limbs of service members, retrieved during surgery.

"I am privileged to have been able to contribute to the academic and clinical advancement of vascular surgery in helping provide the best care possible for those who have the misfortune to be injured on the battlefield or in civilian trauma," Rich said.

One of the many surgeons touched by Rich's education and mentorship, Navy Capt. (Dr.) Eric Elster, professor and chairman of USU's Department of Surgery, expressed his gratitude for Rich's invaluable support. He said that Rich has taught him the value of "reaching behind you and pulling other people forward ... the critical role of mentorship and being a selfless mentor in our profession."

Elster added that Rich typifies a selfless mentor – he truly values others and their success.

NOW LIVE!

The SoMdNews
App brings you the
latest local, sports
and community news
and information from
the Southern MD
Newspapers, 24/7.



The free app is updated
from our full website,
somdnews.com, in real
time, delivering you
the latest headlines.
Download the app at
somdnews.com/newsapp
or Scan the QRC code.



SOCIAL MEDIA

NSA BETHESDA



/mwrbethesda



@navymwrbethesda



@mwrbethesda



www.navymwrbethesda.com

DOWNLOAD OUR MOBILE APPS



Navy Life



NavyMWR NDW



NFAAS



Navy Fitness



Morale Welfare & Recreation (MWR)

11/16	6 am-3 pm	Turkey 1 Mile Swim-Fitness Center Pool FREE Turkeys for the 1 st 25 to finish!
11/17	11 am-2 pm	International Luncheon: Jordan Warrior Café, Bldg. 62
11/18	10 am-12 pm	SUPER HERO TRAINING CAMP FREE Fitness Center, Bldg. 17 Open to all. Kids 3-10 years complete an obstacle course dressed as their favorite superheroes. Register online, see below.
11/19	10 am-3 pm	Trip to the National Museum of African American History and Culture-Trip is full.
11/23	10 am-2 pm	Thanksgiving Brunch at the Warrior Café Adults \$14.25 Children 6-12 \$7.25
12/5	11 am-1 pm	Holiday Ornament Making, Warrior Cafe. \$10 Register online. See below.
12/7	11:45 am	6th Annual Army/Navy Flag Football Game Team participation is open to active duty; please call MWR Sports at 301-295-0032. Everyone is invited to the Sports Complex!! Opening Ceremony: 11:30 am, Game: 11:45 am
12/12	5-7:30 pm	Winter Paint Night Bowling Center party room \$25. Register online. See below.
12/14	4-6 pm	Happy Holidays Social at Below Deck Live music, Free appetizer buffet(while it lasts)
12/16	10 am-12 pm	Breakfast With Santa, Warrior Café \$15 Adults, \$10 Children 3-7, FREE Children 2 and under. Register online. See below.

Registration for these events is available online at www.navymwrbethesda.eventbrite.com.

Liberty Center Bldg.11

PH 301-319-8431
Virtual Gaming, Snacks, Movies, Computers, Pool Table

*Liberty patrons include Single Service members E1-E6, WII, NMA & Geo-Bachelors E1-E9

11/23 6 pm
Liberty Thanksgiving Meal*

11/25 9:30 am-2 pm
Color Me Mine Paint Day (pay at location for materials you choose)

11/30 5:30 pm
Thursday Night Football

12/5 6 pm
Intro to Bowling \$10*

12/8 6-8 pm
Zoo Lights \$5*

12/12 5 pm
Ugly Sweater Party

12/14 7 pm
NBA 2K Tournament/NBA Game Night

12/16 10 am-2 pm
Basilica of the National Shrine of the Immaculate Conception Tour \$5*

12/21 3:30 pm
Liberty Holiday Party

REGISTER:
Navymwrbethesda.eventbrite.com
(*Liberty Only)



Classifieds

Call 301-645-0900

Apartments Unfurnished

Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



Adoptions

Please, help me fulfill my dream of becoming a Dad through the gift of adoption.

Call/Text Michael: 855-515-5761

Expenses paid.

To place an ad
Call 301-645-0900
or visit us online at
classads@somdnews.com

General Merchandise

Cross country trek bike for young adult \$200. Full-size air hockey/tennis table \$125. 540-663-3785

BUY SELL RENT HIRE

TRADE SHOP SWAP FIND

TO PLACE YOUR AD CALL 1-301-645-0900

“Live Life Your Way”





Vinson Hall Retirement Community

Independent Living
Assisted Living
Nursing Care
Memory Support
Short-term Rehabilitation

Spacious and modern apartment homes, ranging in size from studios to 3 bedrooms, and the security of knowing assistance is there if and when you need it.

Call for a tour today!
(703) 536 - 4344

Vinson Hall Retirement Community

6251 Old Dominion Drive
McLean, VA 22101
703-536-4344
www.vinsonhall.org

Walter Reed Society

Assisting the Wounded, Ill, or Injured Service Members and their Families



*Walter Reed Society, Inc.
Sustaining the Legacy Beyond Excellence*

The Walter Reed Society is an all-volunteer 501C-3 charitable organization. Its **mission** is to provide financial or direct assistance to service members being treated at Walter Reed National Military Medical Center and their families in response to their unmet needs during their care at Walter Reed.

In cooperation with the Medical Center, the Society also provides assistance with treatment, education, research activities, travel and lodging, and hospital staff support. Since the Walter Reed Society’s inception in 1996, the Medical Center and hundreds of service members and their families have received over \$2.2 million in assistance.

Membership in the Society is open to all - officers, enlisted, active duty, retired, Reserve, National Guard, civilians, patients, family members, volunteers, and friends of Walter Reed.

Join Us in Helping Others

For membership application or donation information, please contact Debra Washington at walterreedsociety@verizon.net or call (301) 571-1580.

Visit our web site: www.walterreedsociety.org

Combined Federal Campaign (CFC) number 38118



ICE!

at GAYLORD NATIONAL

FEATURING

RUDOLPH

THE RED-NOSED REINDEER™

The Washington, D.C. Region’s Must-See Holiday Attraction Returns!

November 18, 2017 – January 1, 2018

ICE! is an indoor winter wonderland featuring:

- Walk-through ice sculpture attraction, kept at a chilly 9 degrees
- Hand-carved by 40 artisans from Harbin, China
- Depicts the story of *Rudolph the Red-Nosed Reindeer*
- Enjoy two-story ice slides

Tickets and Packages on Sale Now!
GaylordNational.com/military | (301) 965-4000

Located in National Harbor, MD – Conveniently located minutes from Washington, D.C. and across the river from Old Town Alexandria. *Subject to tax and service fee per ticket. **Per room plus tax, resort fee and parking. Guest must present a picture ID and an active or retired military/government ID upon check-in to qualify for these offers. No e-tickets are allowed. All tickets must be picked up at the box office with proper I.D. Package pricing, components, show schedules and entertainment subject to change without notice. See website for restrictions. PEPSI, PEPSI-COLA and the Pepsi Globe are registered trademarks of PepsiCo, Inc. *Rudolph the Red-Nosed Reindeer* and all related elements © & ™ under license to Character Arts, LLC. FUJIFILM and INSTAX are trademarks of FUJIFILM Corporation and its affiliates. © 2017 FUJIFILM North America Corporation. All rights reserved.

Exclusive Offers with Military I.D.

ICE! Tickets Starting at*	\$27 ADULT (ages 12+)	\$17 CHILD (ages 4-11)
a 20% Savings!		

Overnight & Holiday Getaways Starting at \$159**

ICE! PRESENTED BY



NATIONAL HARBOR, MD



PRESENTED BY

